

## Mississippi State Employee Wellness Program

Senate Bill 2646

Introduced by Senator Kenneth Wayne Jones

AN ACT TO CREATE A STATE EMPLOYEE WELLNESS PROGRAM;  
TO PROVIDE FOR DEFINITIONS; TO ESTABLISH STANDARDS  
FOR THE WELLNESS PROGRAM; TO AUTHORIZE STATE  
AGENCIES TO PARTICIPATE IN THE STATE EMPLOYEE  
WELLNESS PROGRAM



## Definitions

- "Department" means the Mississippi State Department of Health
- "State Health Officer" means the Executive Director of the Mississippi Department of Health
- "State Agency" means a department, institution, commission or other agency that is in the executive, judicial or legislative branch of state government

## Key Aspects of Bill

- The State Board of Health is authorized to adopt rules for the administration of this act
- Designation of statewide wellness coordinator
- Creation of model worksite wellness program
- State agency responsibilities
- Timeline for implementation

## Statewide Wellness Coordinator

- Coordinate with the State and School Employees Health Insurance Management Board and other agencies that administer a health benefits
- Maintain a set of Internet links to health resources for use by state employees
- Design an outreach campaign to educate state employees about health and fitness-related resources
- Study the implementation and participation rates of state agency worksite wellness programs and report the findings to the Legislature biennially
- Organize an annual conference hosted by MSDH for all state agency wellness councils

## Wellness Program Components

- Education that targets the most costly or prevalent health care claims
- Disseminate tools and programs to reduce health risk levels
- Develop strategies for the promotion of health, nutritional and fitness-related resources in state agencies
- Develop and promote environmental change strategies that integrate healthy behaviors and physical activity
  - healthy food choices in snack bars, vending machines and cafes'/cafeterias located in state buildings
  - Active living spaces including onsite fitness, walking trails, etc.
- Optional incentives to encourage participation in the wellness program
  - flexibility in employee scheduling to allow for physical activity and participation in the wellness program
  - coordinating discounts with gyms and fitness centers across the state

## State Agency Responsibilities

- Designate an agency 'Wellness Champion'
- Implement a wellness program based on the Model Program
- Create a State Agency Wellness Council
  - Composed of employees and administration
  - Increase employee interest and involvement in worksite wellness
  - Develop and implement policies to improve agency infrastructure to allow for increased worksite wellness
- Develop a plan to implement the recommendations
- Allow employees to participate in wellness council activities for two (2) to three (3) hours each month
- Annual report of agency wellness practices delivered to statewide wellness coordinator
- Allow all employees to attend on-site wellness seminars when offered



## Timeline for MSDH

- Senate Bill 2646 goes into effect on July 1<sup>st</sup>, 2010
- 3<sup>rd</sup> quarter training (September 2010)
  - Worksite Wellness Toolkit launched
  - Worksite Wellness Website launched
  - Agency Wellness Planning
- 4<sup>th</sup> quarter training (November 2010)
  - Review Agency Wellness Plans 2011
  - Evaluation tools
  - Feedback



**For more information, please contact:**

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**Thank You!**